THE WEEKLY MARKET BASKET

ARE YOU FILLING YOUR MARKET BASKET with the best food for the least money?

BEFORE YOU GO TO MARKET take account of stock and plan out what you need to buy and how much you should spend.

BE SURE that you put into the basket some from each of the five food groups that your family needs. (See Thrift Leaflet No. 15.)

CHOOSE THINGS that will meet these needs at the lowest cost; or if you spend more, realize that you do this to get flavor, texture, or variety.

IF YOU CAN SAVE MONEY by careful spending, why not invest it in War Savings Stamps?

Thrift Leaflet No. 16

UNITED STATES
DEPARTMENT OF AGRICULTURE & TREASURY DEPARTMENT

WEEKLY MARKET LISTS

Plan your food by the week, or better still make a three weeks' plan. You can repeat this all through the year with such changes as the season and the market demand.

Decide how much you will spend for each group of food during the week and keep within this allowance. If you buy a more expensive meat today, use tomorrow a cheaper kind, or fish, or a meatless dish. Watch the market. Some foods expensive today may be cheap tomorrow; an extra supply has come in; a dealer failed to sell as much as he expected; it is Saturday and he has no facilities for keeping the food over Sunday.

Such lists as these would supply the food needed per week by an average man doing moderately hard physical work:—

With a large amount of cereal—usually the cheapest food

1 banana, 2 apples, ¼ lb. prunes.
2½ lbs. beets, cabbage, carrots, greens, onions, turnips.
5 lbs. potatoes.
2½ qts. milk, ½ lb. cheese.
2½ lbs. eggs, fish, meat, beans.
2½ lbs. cornmeal, hominy, oatmeal.
4½ lbs. flour or 5 lbs. bread, ½ lb. flour.
1 lb. sugar, 1 cup molasses.
1 lb. butter, cooking fat, bacon.
½ lb. coffee, tea.
Flavorings, spices, etc.

A good average diet with more variety

4 apples, 2 bananas, 2 oranges or 3 peaches.
½ pt. strawberries.
½ lb. rhubarb, 1-3 lb. dried fruit.
3½ lbs. string beans, cabbage, greens, lettuce, onions, squash, tomatoes.
5 lbs. potatoes or sweet potatoes.
2½ qts. milk, ¼ lb. cheese.
3½ lbs. eggs, fish, meat, legumes.
3½ lbs. bread, 1 lb. flour.
1¾ lbs. macaroni, rice, cornmeal, etc.
1½ lbs. sugar and sirup.
1¼ lbs. butter, other fat, bacon, chocolate.
½ to ¾ lbs. coffee, tea, Flavorings, etc.

With more fruits and vegetables. For one who owns a garden

7 lbs. apples, berries, cherries, grapes, melons, pears, peaches, plums, rhubarb, etc.
¼ lb. prunes, raisins, dates, figs.
5½ lbs. asparagus, celery, corn, cucumbers, lettuce okra, peas, radishes, tomatoes.
6 lbs. potatoes or sweet potatoes.
2½ qts. milk, ½ lb. cheese.
3½ lbs. eggs, fish, meat, legumes.
3 lbs. bread, ½ lb. flour.
1¼ lbs. macaroni, rice, oatmeal, etc.
1¾ lbs. sugar, sirup, honey.
1¼ lbs. butter, cooking fat, cream, etc.
½ to ¾ lbs. coffee, tea.
Flavoring, etc.

The man who is doing hard work needs at least 1-10 more.

The woman who scrubs or washes needs as much as the man who is working moderately.

For the woman doing light housework or the man who sits at his work allow only about 4-5 as much.

Count your boy or girl of fourteen as an adult.

A child between 10 and 14 should have about 3-5 as much as the grown-up, and the one between 6 and 10 will need half as much.

Of course, the child above average weight may need more just as a ten-year-old child might require a 12 or 14 year size in clothing.

MEALS FOR THREE DAYS

If you are using the first market list your meals for one day might be like this:

BREAKFAST	DINNER	SUPPER OR LUNCHEON
Bananas	Stuffed beef heart braised with carrot, turnip, onion, potatoes	Baked hominy and cheese
Oatmeal and top milk		Apple sauce Gingerbread
Graham muffins and butter		Bread and butter
Coffee Milk	Rice pudding	Milk
	Bread and butter	

This would be a good choice for one day if you are using the second market list:

Cream of wheat with prunes	Broiled fish or scalloped fish	Cheese fondue (bread crumbs, eggs and cheese)
Bacon, 2 slices	Mashed potatoes, buttered beets	Rhubard sauce
Brown bread toasted and butter	Lettuce salad	Oatmeal macaroons
		Bread and butter
Coffee Milk	Strawberry shortcake	Tea Milk
	Corn bread and butter	

These meals use an abundance of fruit and vegetables; get them from your garden:

Grapes	Cream of spinach soup	Potato salad with cucumbers and lettuce
Poached eggs on toast	Mutton scalloped with tomato	
White muffins with honey		Baked pears Cookies
	Potatoes with parsley	Bread and butter
Coffe Milk	Green corn Cantaloupe	Tea
Radishes	Bread and butter	

GIVE THE CHILDREN MILK AT EVERY MEAL

HOW MUCH FOOD HAVE YOU USED THIS WEEK?

USE THIS ACCOUNT FORM TO FIND OUT

GROUP 1 Vegetables and fruits			GROUP 2 Milk, eggs, meat meat substitute			GROUP 3 Cereals Bread			GROUP 4 Sugars			GROUP 5 Fats			Other foods—tea, coffee, flavoring.
Kind	Amt.	Cost	Kind	Amt.	Cost	Kind	Amt.	Cost	Kind	Amt.	Cost	Kind	Amt.	Cost	
Totals															

In comparing the amounts used with those required, make allowance for water present, and remember that—

1 lb. of dried fruits and vegetables counts as 6 lbs. of fresh.
Milk, cream, and ice-cream count as ¼ their weight or ½ lb. to the quart.
1 lb. of molasses or sirup counts as ¾ lb. of sugar.
1 lb. of jelly, jam or rich preserves counts as ½ lb. of sugar.
1 lb. of bread counts as ¾ lb. of uncooked cereal.

SPEND WISELY

SAVE SANELY

The years of the war have taught everyone to stop throwing away food. Plates come back empty from the dinner table. The garbage can holds only inedible refuse. The housekeeper knows how to use every leftover; to utilize every particle of fat; to prepare and serve wholesome food.

She has become expert in buying; she reads the labels; she checks up weights and measures. She knows when to buy in quantity and when in small amount; when it is more economical to buy in bulk than in package. She has compared the cost of making bread at home and of buying it, and is choosing the way that is best for her.

Today the lessened buying power of the dollar has made her think and avoid other kinds of waste. She must keep her family well nourished, but she must not use more food than is needed. She must know what kinds of food will fill her market basket to the best advantage. She must know how much she should use of each food group, and how far it is wise to save money by using more food from the less expensive groups. She will keep a food account and check up her weekly buying with the plan she has made.

She will also try to lessen prices for everybody in some of these ways:

By producing food at home.

By using local products.

By choosing her foods from those that are plentiful.

By lessening her use of such foods as are scarce.

By asking for fewer deliveries.

By cooperative buying.

By using the parcel post.

THEN BUY WAR

W.S.S.
WAR SAVINGS STAMPS
ISSUED BY THE
UNITED STATES
GOVERNMENT
SAVINGS STAMPS